

June 2019

STRENGTH AND SPEED SESSIONS

M-TH 6:30AM– 8:00AM

These sessions are the foundation for a successful football season.

Passing League:

Lakeland College passing league, for 10th-12th graders. All position players are welcome. Car pool from PHS at 4 or 5pm depending on game times. Games will be played at Lakeland College.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 Weights 6:30 am	11 Weights 6:30 am	12 Weights 6:30 am	13 Weights 6:30 am	14	15
16	17 Weights 6:30 am	18 Weights 6:30 am	19 Weights 6:30 am	20 Weights 6:30 am	21	22
23 Passing League	24 Weights 6:30 am	25 Weights 6:30 am	26 Weights 6:30 am	27 Weights 6:30 am	28	29
30 Passing League						

July 2019

STRENGTH AND SPEED SESSIONS

M-TH 6:30AM– 8:00AM

These sessions are the foundation for a successful football season.

MILL STREET DAY:

Players needed to help sell 50/50 raffles

CAMP:

HIGH SCHOOL CONTACT DAYS

July 22-25th
12:30-3:00pm

This camp is designed to introduce the basic offense and defensive concepts for the upcoming season. These days are **HIGHLY** recommended for 9th-12th grade PHS football players.

Passing League:

Lakeland College passing league, for 10th-12th graders. All position players are welcome. Car pool from PHS at 4 or 5pm depending on game times. Games will be played at Lakeland College.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Weights 6:30 am	2 Weights 6:30 am	3 Weights 6:30 am	4	5	6
7	8 Weights 6:30 am	9 Weights 6:30 am	10 Weights 6:30 am	11 Weights 6:30 am	12	13 Mill Street Day
14 Passing League Tournament	15 Weights 6:30 am	16 Weights 6:30 am	17 Weights 6:30 am	18 Weights 6:30 am	19	20
21	22 CAMP Weights 6:30 am	23 CAMP Weights 6:30 am	24 CAMP Weights 6:30 am	25 CAMP Weights 6:30 am	26	27
28	29 Weights 6:30 am	30 Weights 6:30 am	31 Weights 6:30 am			

PLYMOUTH FOOTBALL

August 2019

**1ST DAY OF PRACTICE
AUGUST 5TH**

**ALL DAY PRACTICE ON
AUGUST 8TH**

Lunch will be served on this day..

**FAMILY PICNIC AND
GOLD CARD BLITZ**

These are both required team activities. All players must be at the gold card blitz beginning at **8AM**. All families should attend the picnic at **NOON**. This is a great way to kick-off the Panther Football Season.

**August 21st will be an
early practice**

www.plymouthpantherfootball.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Weights 6:30 am	2	3
4	5 Physical Testing 8 am	6 Practice 8-10:30 am 1:30-3PM	7 Practice 3-6:00 pm	8 Practice 8AM-2PM <u>ALL Day</u>	9 Practice 8-10:30 am	10 Practice 7- 9 AM
11	12 Practice 8-10:30 am 1:30-3PM	13 Practice 4-7:30 PM Pictures	14 Practice 8-10:30 AM 1:30-3PM	15 Practice 8-10:30 AM	16 Scrimmage UW-0 7AM	17 Family Picnic
18	19 Practice 3-6 PM	20 Practice 3-6 PM	21 <u>Practice</u> <u>8-11 AM</u>	22Practice 3-6 PM JV Game @ NBE 5:30pm	23 Var. Game vs NBE	24
25	26 Practice 3-6 PM	27Practice 3-6 PM JV Game vs SF 4:30pm	28 Practice 3-6 PM	29 Practice 3-6 PM	30 Var. Game @ Sheb. Falls	31

PLYMOUTH FOOTBALL

September 2019

LABOR DAY

Practice from 3-6PM

**SEPTEMBER 27TH
HOMECOMING**

**FOOTBALL
BANQUET
SUNDAY
NOVEMBER 17th**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice 3-6 PM	3 Practice 3-6 PM JV Game vs Waupun 4:30	4 Practice 3-6 PM	5 Practice 3-6 PM	6 Varsity VS Ripon 7pm	7
8	9 Practice 3-6 PM JV@ Ripon 4:30pm	10 Practice 3-6 PM	11 Practice 3-6 PM	12 Practice 3-6 PM	13 Varsity VS Berlin 7PM Military Night	14
15	16 Practice 3-6 PM JV@ Berlin 4:30pm	17 Practice 3-6 PM	18 Practice 3-6 PM	19 Practice 3-6 PM	20 Varsity @ C-Sport 7pm	21
22	23 Practice 3-6 PM JV vs C-Sport	24 Practice 3-6 PM	25 Practice 3-6 PM	26 Practice 3-6 PM	27 Varsity vs Kewaskum <u>Homecoming</u>	28
29	30 Practice 3-6 PM JV @ Kew. 4:30					